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| **KIND OFF WORKOUT** | **SUPERSETS WORKOUT**  |
| **PERIODEN**  |  |
| **GOAL WORKOUT** | **STRENGHT AND ENDURANCE** |
| **FULLBODY/SPLIT** | **FULLBODY** |
| **WORKOUT METHOD** | **SUPERSETS UPPERBODY & LOWERBODY** |
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|  |  | **REPS:** | **SETS:** | **WHEIGHT:** | **PAUSE:** | **TEMPO:** |
|  | **WARMING-UP & RUNNING OUTDOOR** |  |  |  |  |  |
| **1** | **DUMBELL GOBLET SQUATS**  | **8** | **3** |  |  | **3-1-2-1** |
| **2** | **PUSH-UPS**  | **Max-2** | **3** |  | **40s** | **2-2-2** |
|  |  |  |  |  |  |  |
| **1** | **BANDED DEADLIFT** | **8** | **3** |  |  | **3-1-2-1** |
| **2** | **BANDED REVERSE FLY** | **8** | **3** |  | **40s** | **2-2-2-1** |
|  |  |  |  |  |  |  |
| **1** | **DUMBELL LUNGES FORWARD** | **2x6** | **3** |  |  | **2-2-3** |
| **2** | **DUMBELL CURL AND PRESS** | **8** | **3** |  | **40s** | **2-1-3-1** |
|  |  |  |  |  |  |  |
| **1** | **DUMBELL BENT OVER ROW** | **8** | **3** |  |  | **2-2-2-1** |
| **2** | **V-UPS** | **8** | **3** |  | **40s** | **2-1-3-1** |

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| **SUPERSETS Workout 1 + 0 sets +0 reps Workout 2 + 0 sets +2 reps Workout 3 + 0 sets +4 repsWorkout 4 + 0 sets +6 repsWorkout 5 + 1 set +0 repsWorkout 6 + 1 set +2 reps Workout 7 + 1 set +4 repsWorkout 8 + 1 set +6 reps**  |

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| **OUTDOOR RUNNINGWorkout 1 6 MINUTESWorkout 2 7 MINUTESWorkout 3 8 MINUTESWorkout 4 9 MINUTESWorkout 5 10 MINUTESWorkout 6 11 MINUTESWorkout 7 12 MINUTESWorkout 8 13 MINUTES** |